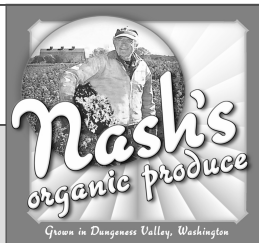


Box 13 of 25



October 3rd 2008

**Cylinder Beets
Yukon Potatoes
Lacinato Kale
Artichokes**

Alvarez Tomatoes

**Bulk Carrots
Savoy Cabbage
Italian Parsley
Leeks**



The crew at Nash's Farm Store is always eager to provide educational resources for our customers.

Nash's Farm Store: An Educational Resource.

Nash's Farm Store is currently operated by a crew of 10 employees and has been managed by Cheryl Sarno since 2004. Cheryl's main philosophy is to provide resources and education to our customers about eating locally, as well as how to prepare the delicious vegetables and fruits available at our store. Cheryl says, "any of our customers can come in and browse our resources." She continues, "providing education for the public is important to us."

The Farm Store has a wide variety of nutritional information and preparation suggestions for all of our produce. We also carry a wide range of culinary products, cook books, gifts and more. Come in and visit our friendly, knowledgeable staff and you will find a crew eager to help you find what you need.

The 2008 Clallam County Harvest Celebration Is Here!

Come and visit eight local farms this Saturday for only \$10 per carload. Participating farms will open their gates from 10 A.M. to 4 P.M. and each will sponsor a variety of fun and educational activities for all ages. Nash's Organic Produce will be "a-buzz" with excitement this year as participants explore the world of eating whole foods. Check out the grain exhibit and learn how to grow, grind, sprout and cook with whole grains. Visit Sandy's goats and stay for a milking lesson. Help create a giant vegetable mandala and discover the beauty and art of our organic produce. Participate in pumpkin carving and listen to the energizing sounds of *Sequim Marimba* and the *Sound Waves*. You can also join Nash and friends to explore the important role that bees play in food production.

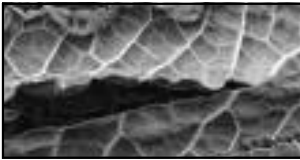
The crew at Nash's will be serving up plates of delicious organic food, including stirfry, salad, pork, and flat bread made from freshly-ground wheat. Be sure to come back in the evening for the community potluck at 6 P.M. and the barn dance at 7:30 P.M. Evening events are \$10 for adults and free for ages 16 and under.

In Your Box This Week: Tomatoes From Alvarez Farm.

As you are aware, this summer wasn't exactly the hottest on record. As a result, our tomatoes didn't fully mature and so they won't be in your box this season. This is an example of how the weather determines our crop successes and failures. Despite our best intentions to provide our Farm Share customers with tomatoes, our plans were thwarted by mother nature. We've partnered with The *Alvarez Farm* in Eastern WA to bring you the delicious organic tomatoes in your box this week. If they aren't bright red in color yet, let them sit on the counter for a day or two to finish ripening.



Lacinato Kale



Lacinato kale (*Brassica oleracea*) is a relatively new variety of kale. It was first discovered in Italy during the 19th century and quickly became sought after for its thin sturdy leaves and earthy flavor. Also known as dinosaur kale, it's a very good source of vitamins A and C and Manganese.

Cooking Tips

- Wash your kale to remove any dirt that might be nestled in between its leaves.
- Steam kale leaves between 4 and 5 minutes. It's ready when limp, but still retaining some texture.
- Toss steamed kale with olive oil, lemon juice and a dash of salt and pepper. Try adding julienned carrots.
- Sauté kale leaves in olive oil or butter. Be creative and add any other vegetables you desire to the mix.
- Add sautéed kale (chopped) to omelets, quiches, scrambled eggs, casseroles or mashed potatoes.
- Add chopped or sliced raw kale to hearty soups and stews toward the end of the cooking time.
- Top steamed brown rice, barley, or quinoa with sautéed kale and other vegetables for a main dish.

Storage Tips

- Wrap kale in a damp towel and refrigerate in the crisper drawer for up to a week.
- For long term storage, kale can be frozen. Blanch the leaves for 1 minute and then immerse into cold water which stops the cooking process and keeps their colors bright. Drain and then pack into an airtight container.

Frittata with Lacinato Kale

Ingredients:

- 2 tablespoons butter
- 1 grated carrot
- 1 diced tomato
- 10 kale leaves
- 2 eggs, beaten
- 1 tablespoon sour cream
- 1 tablespoon minced Italian parsley
- Salt and pepper to taste

Directions:

1. Melt the butter in a large cast iron skillet.
2. Add the kale, carrots and tomatoes and sauté for 5-7 minutes over a medium heat until the kale is wilted.
3. Beat the eggs, sour cream, parsley, salt and pepper in a bowl and then pour over vegetables. Allow it to cook for a minute or two.
4. Transfer to your oven, on broil, and cook until eggs are firm and golden brown
5. Cut into wedges and serve.

If you would like the location of your **Farm Share Box changed**, please call us the Wednesday before your regular pick up times.